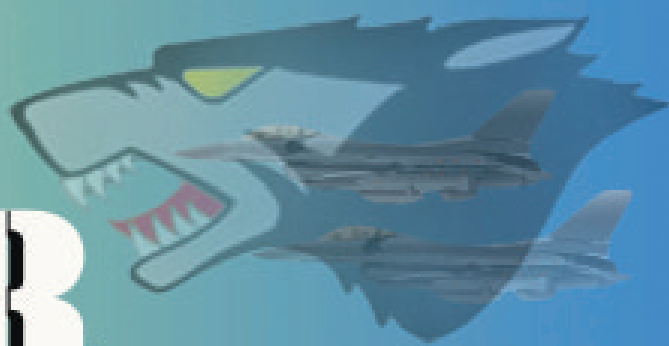


Wolf Pack WARRIOR



Vol. 20, No. 4

8th Fighter Wing, Kunsan Air Base, Republic of Korea

Feb. 4, 2005

NEWS BRIEFS

AFAF Campaign Kicks Off

The Air Force Assistance Fund "Commitment to Caring" campaign runs from Feb. 14 to May 6. Program officials invite Airmen to contribute to any of the Air Force's four official charitable organizations. The Air Force Aid Society, the Air Force Enlisted Village Indigent Widow's Fund, the Air Force Village Indigent Widow's Fund and General and Mrs. Curtis E. LeMay Foundation benefit from this campaign. The charities help active-duty, Reserve, Guard, retired servicemembers, surviving spouses and families. All four charities receive 100 percent of designated contributions. For more information, contact Maj. John Arnett at 782-7182 or your squadron CSS.

Contractor Program

The U.S. Army Contracting Command is offering a contracting officer's representative program for all military and civilian government employees. The program provides information essential for successful monitoring and evaluation of contractor performance. To sign up for the course call Mr. Preston Dicks at 724-6559 or via e-mail at preston.dicks@korea.army.mil.

Tax help available

The Kunsan Tax Center, located in Building 902, Room 107 will open its doors Tuesday to help members file 2004 tax returns. Make appointments, from 8 a.m. to 3 p.m. Monday through Friday by calling 782-6021. The center is closed weekends, holidays, down days and during exercises. Members will need W-2s, full names and social security numbers for all family members and any other pertinent filing documents such as dividends and other investment information. If filing a joint return, a power of attorney will also be required. For more information, call Tech. Sgt. Ariane Freeman at the tax center.



Photo by Airman 1st Class Juanika Glover

Road Conditions

Green- Normal operations

Amber- Mission essential traffic only. POVs, AAFES taxis, food delivery vehicles, and contract buses may run during Amber. Vehicles must only be operated for necessary trips and operators must be aware of road and weather conditions.

Red- Extremely low visibility and use of highways are discouraged. Only military vehicles that are used for essential emergency business will be on the road. No POVs AAFES taxis, bicycles and delivery vehicles can be driven.

Black- Driving is not allowed

DOUBLE DUTY

Staff Sgt. Jeff Lang, 8th Maintenance Squadron, shovels snow in front of building 1407 as part of his bay orderly duties. During the winter months facility managers and bay orderly personnel are responsible for keeping the snow off side walks and parking lots. For more information on snow removal, see page 3.

*In this
weeks
issue ...*



**African-Americans
remembered**
SEE PAGE 5









**Tips on tooth and
heart health**
SEE PAGE 7



**Airmen visit
Lotte world**
SEE PAGE 8

Wolf Weather 6-day Forecast

Saturday  Hi/Low 37/24 Partly Cloudy	Sunday  Hi/Low 35/24 Partly Cloudy	Monday  Hi/Low 38/25 Snow Showers
Tuesday  Hi/Low 44/28 Partly Cloudy	Wednesday  Hi/Low 45/29 Rain showers	Thursday  Hi/Low 42/30 Scattered rain showers

Readiness is cornerstone of U.S. Forces Korea mission

By Gen. Leon LaPorte
Commander, U.S. Forces Korea

Readiness is the cornerstone of our mission here in Korea. United States Forces Korea has a mission of deterrence and, if necessary, to fight and win. In order to be a credible deterrent force, we must be well-trained, fit to fight and maintain high standards of readiness. Service members, and those in direct support of them, must maintain a ‘fight tonight’ mentality. Our supporting team – civilians, contractors and family members – must also maintain a level of preparedness. In USFK we call these two groups our ‘team of teams and our team’s number one priority is readiness. USFK’s command policies are all designed to maximize readiness and enhance safety, protection and the well being of our entire USFK family.

Our policies are shaped by a number of factors. First among them is the commanders’ responsibility for the readiness of the

command to ‘fight tonight’ and the force protection and safety of all USFK personnel. We absolutely encourage all USFK personnel to get out to sample and enjoy Korean culture. We want people to have a positive experience during their time here in the Republic of Korea. However, we must also strike a balance between maintaining readiness, protecting the force, enhancing safety, while preserving our quality of life.

Another factor that shapes policy decisions is the fact that all Americans are ambassadors of the United States. I am proud of a great number of you who have established close ties with our Korean hosts. Our actions directly influence how Korean citizens view Americans, so we should all strive to be good neighbors. There are many opportunities in which USFK personnel can meet and assist our Korean neighbors. Thousands of USFK personnel regularly volunteer to tutor Korean children in English, assist in orphanages, or offer hu-

manitarian support such as harvesting rice. As ambassadors and good neighbors we should do all we can to avoid accidents and confrontations.

We recently reviewed and adjusted our command policies on curfews, off limits areas, alcohol consumption, POV ownership and the prevention of sexual assault, prostitution and human trafficking. This was dictated by multiple factors including readiness concerns, incidents of indiscipline and changing force protection conditions. It is important for everyone to be aware of and understand these policy decisions.

All changes in our command policies are done in a deliberate and thoughtful manner, with input from all senior leaders within USFK. I will continue to seek feedback and review policies to ensure they are comprehensive, consistent, and fair. All leaders and supervisors are responsible to ensure their subordinates understand and comply with the command policies and we all need to remain flexible to changing situa-

tions and requirements. The American public places a high degree of confidence and trust in our military-civilian team and expects the leadership to ensure the safety and protection of all personnel within their command. Our policies are designed to do so.

I intend to use this column as a means to discuss these policies to improve understanding and compliance. A well-informed team is a better-prepared team. As our understanding improves, the effectiveness of these policies will improve, increasing readiness and making this a safer place for all.

The USFK team, both those who wear the uniform and those who provide support, is the best we have ever had. I am proud of each of you and I appreciate your sacrifice and selfless service.

We have a winning team of teams and we will do everything we can to ensure the readiness, protection, well-being and safety of those who serve and support this great team.



LISTEN

Wolf Pack Radio
88.5 FM
WEEKDAYS — 5 TO 9 A.M., AND 3 TO 6 P.M.
REQUEST SONGS AT
782-4373 OR
WWW.AFNKOREA.COM

LISTEN

To your leadership
EACH FRIDAY FROM
8 TO 9 A.M., ON 88.5 FM

Monthly
Sortie Goals

Unit	Goal	Flown	+/-
35th FS	358	339	+19
80th FS	347	296	-50
8th FW	705	635	+70



Current as of Wednesday

Action Line Answered

Food expiration dates

Q: I’m curious as to why numerous items at the commissary are either expired or very near their expiration date?

Particularly with boxed goods... I’ve almost purchased items that are months past their expiration dates.

A lot of the crackers and cereal I’ve purchased were stale when I opened the box. I understand that we are in a unique situation due to our location, and the food is procured from Osan, but can’t that extra shipping time be taken into account when ordering food?

Given our remote loca-

tion and lack of viable grocery stores in the local area, I would hope that special care is taken when it came to expiration dates at our commissary.

I find it hard to believe a grocery store would keep expired food on its shelves.

I’ve talked to numerous shoppers who aren’t aware they are purchasing expired food — which can’t be good from a health, safety, or legal viewpoint.

A: Mr. Woo Song, Kunsan Commissary Manager apologizes for any inconvenience you experienced.

The Kunsan Commissary staff is there to provide the best customer service possible to the military community.

Food can be divided into two groups, perishable and semi-perishable items. With perishable items, such as meat or produce, the item should be removed immediately on the expiration.

However with semi-perishable items, such as dry goods and canned foods, many of the items don’t have an expiration date displayed on the package and it’s easy to mistake the code number (used to identify when the product was produced) for the ex-

piration date. Also, select semi-perishable items, approved by AF Public Health, can remain on the shelves past their expiration date.

Mr. Song has reiterated the proper instructions for employees to follow and informed them that they should check the expired items and rotation date within the commissary.

Your comments and suggestions regarding the Kunsan Commissary are always welcome.

Should you have any other comments or concerns, please feel free to contact Mr. Song, or any member of his staff, at 782-4144 for a quick response.

ACTION LINE

782-2004

action.line@kunsan.af.mil



Col. William W. Uhle Jr.
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number and a brief description of your problem or concern. You can also send an e-mail to 8 FW/CC Action Line.



Wolf Pack
Warrior

Vol. 20, No. 4

Defend the base
Accept follow-on forces
Take the fight North

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Content

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Submissions

Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week’s edition. Submission does not

guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to WolfPack@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

Contact Us

People with questions, comments, suggestions or submissions can contact the public affairs office at:

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APO AP 96264-2090

We can also be reached by phone at 782-4705, by e-mail at 8FW/PA, WolfPack@kunsan.af.mil, or by fax at 782-7568.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Civ. Personnel Office.....	782-4570
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119

Kit extends life of F-16

By Will Daniel

Defense Supply Center Richmond Public Affairs

RICHMOND, Va. — Defense Supply Center Richmond officials are working on a billion-dollar, multi-year project that will extend the service life of the Air Force's F-16 Fighting Falcons.

The F-16 Structure Augmentation Roadmap, or "Falcon STAR," program uses parts kits to strengthen the aircraft's structure, officials said. The kits contain everything necessary to accomplish a maintenance task.

Officials said using the kits reduces maintenance turnaround time, ultimately increasing readiness.

Center officials develop support strategies and initiate kit contracts.

"Without the modification, the F-16 will not be able to attain its projected 8,000-hour service life under current operational usage," said Pat Livingston, the center's F-16 weapon system support manager. "Falcon STAR will allow the aircraft to remain in service through 2025," she said.

According to the 8th Maintenance Squadron's Capt. Pete Lopez, Kusan's F-16s are about half-way to the projected service life, with the average time being roughly 4,500 hours.

"(The Air Force's) aircraft structural integrity program continues to identify areas that will not meet the service life," Ms. Livingston said. "The (goal is) to modify the aircraft structure before the onset of widespread fatigue

damage and aircraft grounding.

"This is a 'tip-to-tail' modification — 13 structural modifications including replacing bulkheads and wing-attachment fittings," she said.

Falcon STAR contains the list of structural parts necessary to address the areas identified by the aircraft structural integrity program, she said. There are more than 79,000 parts under 428 national stock numbers, all of which are managed by Defense Logistics Agency officials.

The modifications are scheduled to run through 2014, said Dave Graves, weapons system support branch chief here.

Officials are working with the prime contractor on configuration of the kits to ensure each kit has everything needed.

"We've been working configuration control issues," Mr. Graves said.

Somewhere between 40 and 100 iterations of the kit are expected, Ms. Livingston said.

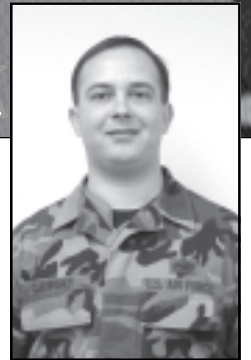
The kit configuration is constantly changing because of the different aircraft configurations, said Greg Sprouse, chief of the center's kit section.

"So far it's going well," he said. "What we're doing is challenging because of the different configurations. It is a variable kit — it changes all the time."

More than 2,000 aircraft will be modified by 2014, Ms. Livingston said.

On average, it takes 175 days to modify an aircraft with the Falcon STAR kit, officials said. Ten F-16s a month are expected to undergo the modification at Hill in 2005.

OF THE PRIDE PACK



Staff Sgt. Edmund Lubinsky

Unit: 8th Maintenance Squadron

Duties: Metal technology swingshift supervisor

Hometown: Pottsville, Pa.

Follow-on: Spangdahlem, Germany

Hobbies: Hunting, camping and riding ATVs

Favorite music: Old rock and country

Last good movie: Radio

Best thing you've done here: Learning to use the OMAX waterjet machine for multiple work related projects.

Sgt. Lubinsky is an unwavering NCO who has made positive impacts through dedicated and outstanding performance. He directed three engineering dispositions, 62 flightline, 112 shop repairs and 10 local manufactures, saving the wing more than \$92,000. Sgt. Lubinsky's efforts haven't stopped with the base either, as he has selflessly devoted numerous hours spending time with the children in the local community. Despite his often long duty days, he still managed to find time to voluntarily make going away gifts to recognize superior performers. Sgt. Lubinsky is a leader among leaders.

Maj. Richard Spillane,
Commander, 8th Maintenance Squadron

MAIL CALL



Photo by Staff Sgt. Alan Port

Master Sgt. Jessie Morono, 8th Civil Engineer Squadron picks up a package from Airman Leonard Abadam, 8th Communication Squadron postal clerk. The holiday season is officially over and things at the post office have calmed down a bit and package flow is back to normal. The post offices' busiest time of the day is during lunch hours.

Facility managers have extra duty when it snows

By 1st Lt. Elena Smith
8th Civil Engineer Squadron

Facility Managers have a lot of responsibilities, but come winter they have a less well known task; sidewalk snow removal. According to the 8th Fighter Wing Instruction 32-1001 section 4.8.1, facility managers will be responsible for clearing sidewalks within 100 feet of their buildings.

8th Civil Engineer Squadron personnel will remove the snow from sidewalks in common areas that do not belong to any particular building. Facility managers may obtain ice melt from the Wolf Pack Mart at building 822 to aid ice removal on base sidewalks.

As stated in the 8th FWI, purchase of ice melt and shovels is the responsibility

of each squadron. Ice melt is a locally procured product and something facility managers may choose to charge on their IMPAC card.

They have the choice of \$63.47 for a 43 pound bucket of ZEP super-d-ice or \$29.45 for a 50 pound bag of CAPCO extra melt. The first is calcium chloride which melts ice faster and works to a lower temperature, but the second potassium chloride is more economical.

Call the Snow Control Center at 782-5020 to address parking lot snow and ice removal requirements. Before calling, block off your parking lot and ensure it is emptied of cars to minimize the possibility of damage to POV's and GOV's.

Keep in mind that our priorities are clearing the airfield, then base streets, then sidewalks and lastly parking lots.

Wolf Pack Warrior gets new look

By Airman 1st Class Juanika Glover
8th Fighter wing Public Affairs

As you may have already noticed, this week's issue of the Wolf Pack Warrior looks a bit different than usual. Since I arrived at Kunsan, I've observed the Wolf Pack members, the events that occur on base and the issues that affect Airmen. I often hear conversations about what you think of the paper and I take mental notes. Based on what I learned so far, I have changed the paper to better suit you.

Air Force newspapers are authorized publications that support command leadership, editorials,

photography, sports, important announcements and news and feature articles. All of these aspects of the newspaper keep Airmen informed about the base and local community. Most importantly, it increases command cohesiveness and effectiveness by providing a visual representation of the base.

In the upcoming months I hope to do that by highlighting base units and the Airmen that strive to make our mission a success.

So if you have an interesting hobby, a cool story idea or just some things you'd like to see more of in the paper please feel free to call me at 782-4705 or e-mail me at Juanika.Glover@kunsan.af.mil.

Air Force going live with E-Exams

Kunsan Air Base first in PACAF to use new system

By Carl Bergquist
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. — Whether at home or in the field, the answer will come sooner when it comes to taking an Air Force examination. By January the Air Force Institute for Advanced Distributed Learning at Gunter Annex here fully implemented the E-Exam computer-based testing program which provides a variety of military tests via computers.

“The Air Force developed E-Exam for either stand-alone or networked computers,” said Steve McCarver, E-Exam program manager at AFIADL.

“While any type of test can be administered through the program, career development courses and professional military education, such as Senior NCO academy, Squadron Officer College and Air Command and Staff College, will probably benefit the most from it.” The system is highly secure and will ultimately eliminate the time-consuming process of mailing testing material and results back and forth between student and test facility, Mr. McCarver said.

Kunsan Air Base is the first

base in Pacific Air Force Command to fully implement the online exams. This means Airmen here will no longer have to wait weeks to get their CDC or PMEs or the test results.

“The students will receive instant scoring,” said Joan Landers, education services officer.

“The online exams here are for all CDC testing with the exception of 12 tests that have too many fold outs making e-testing impossible.”

Currently, getting a test to a student can take up to two weeks, depending upon the student’s location. Once completed, tests have to be mailed back to test facilities to be scored.

The student must then wait weeks for results to be received in the mail. With E-Exam, students receive results of examinations immediately after completing the tests. There are 767 test control facilities around the world, and each facility will benefit from the new testing program, said Roy Kinney, the chief of AFIADL Course Development Branch A.

“E-Exam mirrors the paper-based testing system presently in use,” he said. “Right now,

we are administering more than 18,000 tests each month. Through E-Exam, we will be able to give the tests on computers, which are important to military members who are trying to move on with their education but are being held up until they receive test results.”

The program also benefits members who may have ordered testing material shortly before a deployment. The material might not reach them in time and may be slow in catching up to them through the mail.

The program was beta-tested this year at Maxwell, Kessler, and Robins Air Force Bases, said Robert Carrigan, vice program manager for E-Exam.

“The test control facilities loved the program and couldn’t wait to get the system in full swing,” he said. “The E-Exam PME areas touch both officer and enlisted members.”

The original program was developed in 1998 as the certification and testing program for the Air Force Civil Engineering Support Agency and was used for special certification testing for civil engineer personnel and firefighters.

Many members at AFIADL and in the Air University community provided assistance and support in developing the original version and the expanded Air Force-wide version of the system, Mr. McCarver said.

The E-Exam program shifted into high gear in 2003 after Gen. Richard Myers, chairman of the Joint Chiefs of Staff, acted on feedback from deployed Airmen who asked if there was an easier way to continue or complete their education while deployed.

“Our response to the general was that there was an easier and better way to do this, and that’s when the program took a new direction to encompass all Air Force testing,” Mr. McCarver said.

Following the release of the program to the betatesters, the feedback was very positive, he said, especially among guard and reserve members. Now, more than 70 percent of all Air Force bases are equipped to handle E-Exam testing. The task was a formidable one as more than 1,600 paper tests had to be converted to E-Exams, Mr. McCarver said.

The E-Exam team was able to reduce the number of tests

to about 1,000 after deleting obsolete exams and those that didn’t meet their objectives, Mr. Carrigan said. Another concern for the team was ensuring the testing system was compatible with other systems.

In the end, however, the system has worked out well, Mr. Carrigan said. Mr. Kinney said while E-Exam was unique to the Air Force, the other services are starting to take notice.

He predicts it will be a hit with all military members. “You’ve never seen such big smiles on the faces of students who have received their test results instantly,” Mr. Carrigan said.

“Many times, students can’t move forward with their studies until they get their test scores, and being able to see those results so quickly really helps them out.”

The E-Exam program is all set to go at the base education center at Kunsan.

Airmen who have questions about the exams can call 782-5148 or visit the AFIADL Web site at www.maxwell.af.mil/au/afiadl. The tests will be administered in Building 1053, Room 3.

Leaders of the pack award nominees

The following people are nominees for the 2004 ‘Leaders of the Wolf Pack’ award. The awards ceremony will be held tonight at 6 p.m. in the Loring Club, where the best of the pack will be chosen. Congratulations to all the nominees.

Civilian Categories

Trades/Crafts/Laborer

Mr. Yuk, I Nam, 8th MSG

Administrative/Technical

Mr. Pak, Ch’un Yop, 8th FW
Ms. Kim, Hyon Ok, 8th OG
Ms. Kim, Chin Ae, 8th MSG
Ms. Ch’oe, Yong Nan, 8th MG

Manager/Supervisor/Professional

Ms. Yi, Ch’un Ae, 8th FW
Ms. Song, Yon Ok, 8th MG
Ms. Yi, Chom Suk, 8th MSG
Ms. Kim, Son Ae, 8th MG

Airman Category

Staff Sgt. Renieka Pepper, 8th FW
Senior Airman Eric Morales, 8th MXG
Senior Airman Jennifer Smith, 8th OG

Senior Airman Anthony Harris Jr., 8th MSG
Senior Airman Kimberly Giesen, 8th MDG

NCO Category

Tech. Sgt. Ricky Brackett, 8th FW
Staff Sgt. Nathan Shaw, 8th MDG
Staff Sgt. Russell McLaughlin, 8th MSG
Tech. Sgt. Charles Cabanero, 8th OG
Staff Sgt. Kurt Hartmann, 8th MXG

SNCO Category

Master Sgt. Kenneth Heath, 8th FW
SMSgt. Amy Patterson-Bibbs, 8th MSG
SMSgt. Thomas Vallely, 8th OG
Master Sgt. Lewis Sutton III, 8th MDG
Senior Master Sgt. Alfred Smith, 8th MXG

First Sergeant Category

Master Sgt. Mark Royal, 8th MXG
Master Sgt. Sharon O’Connor, 8th MSG
Master Sgt. Mary Mohon, 8th OG

Company Grade Officer Category

Capt. Brian Martin, 8th FW
Capt. Jose Sorto, 8th MG
Capt. Derrick Weyand, 8th MSG
1st Lt. Jennifer Garganus, 8th MXG
Capt. Marc Garceau, 8th OG

Hometown News

Doing something outstanding
at work?

Let newspapers back home know.

Go to the Kunsan homepage and fill out a hometown news release.

WOLF PACK CRIME WATCH

Compiled by Wolf Pack
Warrior staff

Courtesy of the 8th Security Forces Squadron

January 26

Something Stinks

An airman called 8th Security Forces Squadron to report a strange odor that he thought might be a gas leak. To be safe, all personnel were evacuated to the alternate facility building 911. Fire department and security forces personnel were dispatched. Later investigation revealed the odor was sewage.

January 29

Fight! Fight!

An Airman notified security forces that an altercation was in process in front of the visitor control center. Investigation revealed that two Airmen were waiting in line to process through the VCC when a verbal altercation erupted. Another unidentified person antagonized the fight. The altercation cooled and then started back up when one of the unidentified individuals swung at another person and missed accidentally hitting a female Airman on the left side of her head knocking her to the ground. Security forces searched the area for the unidentified person with negative results. The Airman was taken to the medical facility, treated and released.

African-American History is a celebration of success not adversity

By Airman 1st Class Juanika Glover
8th Fighter Wing Public Affairs

The United States has a rich history formed by people of very diverse backgrounds. There are many types of histories that make up the American story and each year different American ethnic groups celebrate their history and their contribution to the United States. This February, like so many others, we celebrate African-Americans' history and their contribution to the shaping of America.

I like to think of African-American History Month as a celebration of the accomplishments of people despite their struggles. As an African-American, I can be proud of the goals my forefathers have reached so I could walk freely today.

My very own great, great, great, great grandfather Herman Hickman upon being freed from slavery, worked hard to pay for his brother's freedom. Together with their freedom, the Hickman brothers worked, saved their earning and eventually brought a plot of land they

called 'Hickman Hill.'

That land still belongs to my family today. When I visit I often think about how proud they would be if they could see us, their descendants, doing all the things they worked so hard for. It is my own history that makes me so proud to be in this skin.

From Martin Luther King Jr. to Malcom X, African-Americans have had their hands in helping make life better for all Americans.

In the Air Force, African American's make up more than 15 percent of the force and our being in the military is proof that the struggles of those who came before us were not in vain.

The Tuskegee Airmen and the Buffalo Soldiers often come to mind when I think about African-Americans who accomplished great things despite adversity. Following the American Civil War, six Army regiments made up of African-Americans were established in 1866. These men, known as the Buffalo Soldiers, constantly faced extreme prejudice during their term.

Yet, they became two of the most



Photos courtesy Air Force and Army Link Web sites

Retired Gen. Daniel James Jr. was the first African-American promoted to the rank of Air Force four-star general. He was also a member of the Tuskegee Airmen. He didn't get to see any combat action until the Korean war. His career spanned three wars and 30 years. He was also recognized as a civil rights pioneer. Gen. James was also well known for his thoughts on Americanism and patriotism.

distinguished fighting units in the Army. Then in the early 1940's a group of young black men went to Tuskegee, Ala., to participate in a controversial flying program.

Despite the fact that many people thought it would be too difficult for black men to learn to fly, the Tuskegee Airmen were one of the most successful Army air units of World War II, never losing a single bomber they escorted in flight.

Two men from these groups stand out. Henry Flipper, who was the first African American to graduate from West Point and Daniel James Jr., who was the first African American in the Air Force promoted to four-star general.

They both worked hard and faced adversity but moved on to accomplish their goals. I am so proud of them and all the others before me who paved the way for African Americans.

From arriving to America on slave ships, to fighting for the right to sit, eat and go to school where whites went, to becoming highly decorated members of the military, African-Americans have survived against all odds.

It's this ability to succeed even in hard times that makes our unique history so significant. We have come very far in a short amount of time. That is what African-American History is about. It's our ability to continue to succeed even through our plights that makes our history so special.



(Above), During the American Civil War the Buffalo Soldiers were established in 1866. They were made up of six African-American Army regiments. (Below), Henry Flipper became the first African-American to graduate from West Point, a distinguished Army college.



1940's — Pilots of the 332nd Fighter Group, 'Tuskegee Airmen', the elite, all-African American 332nd Fighter Group at Ramitelli, Italy., from left to right, Lt. Dempsey Morgnan, Lt. Carroll Woods, Lt. Robert Nelron, Jr., Capt. Andrew Turner, and Lt. Clarence Lester. The Tuskegee Airmen hold the distinction of not losing a single bomber in flight. This earned them the nickname 'Red Tail Angels'. At the end of World War II 992 men graduated from pilot training at Tuskegee. 450 of the graduates were sent overseas for combat assignments. 150 of them lost their lives during training or in combat flights.

African-American History Facts

- ♦Dr. Martin Luther King Jr. attended only two years of high school and became a college student at Morehouse College at the age of 15.
- ♦Frank Peterson Jr. was the first black general of the Marine Corps.
- ♦Dr. Charles Drew was the founding father of the separation of red

- and white blood cells producing blood plasma.
- ♦Garret Morgan, a scientist, invented the gas mask that was used in World War II and he also invented the traffic signal.
- ♦Dr. Daniel Williams was the first person to perform open heart surgery.
- ♦Benjamin Davis was the first African-

- American Army general.
- ♦Thurgood Marshall was the first African-American to serve on the United States Supreme Court.
- ♦Bessie Coleman was the first African-American female pilot.
- ♦Madame CJ Walker was the first African-American millionaire.
- ♦The 'Niagara Moment' was the fore-

runner to the National Association for the Advancement of Colored People. It was established to advance the African-American race and fight for equal and fair treatment of African-American men.

The NAACP is still active today and still works for African-American civil rights.

Today

Pre-Separation - The family support center offers a pre-separation briefing each Friday for members about to separate or retire from 9 to 10 a.m. in Building 755, Room 215. To register, call 782-5644.

Personal Financial Management Program brief - The family support center offers a PFMP briefing for senior airmen and below attending newcomers' orientation from 3 to 4 p.m., in Building 755, Room 215. For more information, call 782-5644.

Free food night - The Loring Club offers super social hour featuring barbecue chicken from 6 to 9 p.m. for club members.

Howlin' Bowl - The Yellow Sea Bowling Center offers Howlin' Bowl starting at 6:30 p.m., for \$11 per person or \$50 per lane.

Karaoke - The Falcon Community Center offers karaoke from 8 p.m. to midnight.

Cash Drawing - The Loring Club will have a \$150 cash drawing in the Olds Room. and the E-Lounge beginning at 5:30 p.m.

Saturday

Country night - The Loring Club offers country night in the ballroom beginning at 7 p.m.

PS2 tourney - The Falcon Community Center offers a HALO 2 tournament beginning at 3:30 p.m.

Wolf Pack run - A Wolf Pack Runners' Run will begin at 9 a.m. at the fitness center. All are welcome to take part.

Gunsan City walking tour- The family support center offers a tour of Gunsan City, the ferry landing, a Buddhist temple, Wolmyeong Park and the downtown area from 9 a.m. to 4 p.m. Transportation will be provided by a local bus. Bring 20,000 Won to cover bus, lunch and incidentals. To register, call 782-5644.

9-Pin no tap bowling - The Yellow Sea Bowling Center offers 9-pin No Tap bowling beginning at 6 p.m. Entry fee is \$15.

E-Mart trip - The Falcon Community Center hosts a shopping trip to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

Chess tourney - The Falcon Community Center offers a chess tournament beginning at 3:30 p.m.

Mt. Mai and market tour - The community center tours offer a trip to Mt. Mai and the Ginseng Market. Call 782-4619 for more information.

Volleyball tournament - The fitness center offers a 5-on-5 volleyball tournament beginning at 11 a.m. For more

information, call 782-4026.

Bowling special - The Yellow Sea Bowling Center offers \$1 games and 75-cent shoe rental all day.

Sunday brunch- The Loring Club offers Sunday brunch from 10:30 a.m. to 1 p.m., cost is \$11.95 for club members.

Monday

Nifty Fifty - The Yellow Sea Bowling Center offers 50 cent bowling and shoe rental.

Pizza and beer - The Loring Club offers \$1 longnecks and 50 cent slices from 6 to 8 p.m.

Sponsorship training - The family support center offers sponsorship training from 10 to 11 a.m., in Building 755, Room 215. Call 782-5664 to register.

Superbowl party - The Loring Club kicks off its Superbowl festivities at 6 a.m.

Triple Feature - The Falcon Community Center offers triple feature movie madness beginning at 7 p.m.

Tuesday

\$2 pitchers - The Loring Club offers \$2 pitchers and \$2 Kun Burgers from 6 to 8 p.m.

Ladies Night - The Yellow Sea Bowling Center offers free bowling for ladies beginning at 6:30 p.m.

Photo Club - The community center is holding a photo club meeting beginning at 6 p.m.

Wednesday

Free food night - The Loring Club offers super social hour featuring chicken wings from 6 to 8 p.m. for club members.

Cheap bowling - The Yellow Sea Bowling Center offers 75-cent bowling all day.

Karaoke - The community center offers Karaoke from 8 p.m. to midnight.

Return and Reunion - The family support center offers a return and reunion briefing for those about to leave Kunsan from 3:30 to 4 p.m. in the HAWC classroom at the fitness center. For more information, call 782-5644.

Thursday

Chess tournament - The Falcon Community Center offers a chess tournament beginning at 7 p.m.

Buck bowling- The Yellow Sea Bowling Center offers \$1 bowling all day.

Mongolian barbecue - The Loring Club offers Mongolian barbecue for 50 cents per ounce from 5:30 to 8:30 p.m.

To submit events for 7-Days, send an e-mail to 8 FW/PA Wolfpack@kunsan.af.mil. Submissions must include time, date, place, and phone number.

Movie



Corner

Today

- "Phantom of the Opera," rated PG-13, at 7 and 9:30 p.m.

Saturday

- "Phantom of the Opera," rated PG-13, at 7 and 9:30 p.m.

Sunday

- "Blade: Trinity," rated

R, at 6 and 8:30 p.m.

Tuesday

- "Blade: Trinity," rated R, at 8 p.m.

Wednesday

- "Ocean's Twelve," rated PG-13, at 8 p.m.

Thursday

- "Ocean's Twelve," rated PG-13, at 8 p.m.

Chapel Services



Latter-Day Saint - Services are Sunday at 3:30 p.m. at the chapel.

Catholic services - Mass is Sunday at 9 a.m., and every Monday through Thursday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment Monday through Friday, Saturday at 4:30 p.m. and Sunday at 8 a.m. R.C.I.A. is Wednesday at 7 p.m. in the chapel conference room.

Protestant services - General Protestant worship service is Sunday at 11 a.m. and the Contemporary Praise and Worship service is Sunday at 6 p.m. Both services are

conducted in the chapel.

Gospel - Gospel services are Sunday at 1 p.m. and the Inspirational Praise and Worship service is Friday at 7:30 p.m. at the chapel.

Sonlight Inn hours - The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m., Friday from 6 p.m. to midnight, and Saturday from 6:30 a.m. to midnight.

Sunday School and Bible study - The chapel hosts several schools and Bible study groups at the Sonlight Inn. For more information, call the chapel at 782-4300.

Free Classifieds

For Sale

1993 Hyundai:

Sonata, four doors, power windows, new clutch. \$450 or best offer. Call Tech. Sgt. Chuck Hamilton at 782-0519.

Nokia Phone:

Nokia 8587 phone with unlimited incoming calls and reasonable long-distance rates to the United States using a prepaid service rechargeable at the base exchange complex.

Korea-wide reception and coverage. Includes charger and spare battery for \$120 or best offer. Call Charles at 782-7885 or 010-8671-1010.

Volunteer Opportunities Korean orphanage :

Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should call 782-5644 for more information.

Wolf Pack Wheels

Monday - Thursday

Departs Kunsan at 7:30 a.m. and 1 p.m. and departs Osan at noon and 6 p.m.

Friday

Departs Kunsan at 7:30 a.m., 3 p.m. and 6 p.m. and departs Osan at noon and 10 p.m.

Saturday

Departs Kunsan at 7:30 a.m. and 10 a.m. and departs Osan at noon and 4 p.m.

Sunday

Departs Kunsan at 7:30 a.m. and noon and departs Osan at noon and 5 p.m.

One-way tickets, available at the community center, are \$12.50 for general Wolf Pack members or \$11.50 for the airman morale program, and \$25 or \$23 round trip.

The Kunsan African-American Heritage Association

—Presents—

“Dinner And A Movie”

Wednesday, beginning at 6 p.m., in the Devil's Den, building 711
Dinner is available for \$6 and includes:

- Catfish
- Coleslaw
- Baked Beans
- Bread
- Your choice of soda

Healthy lifestyles lead to healthier hearts, bodies

Airmen can celebrate American Heart Month by trying new ways to be ‘fit to fight’ at all times

By Airman 1st Class Juanika Glover
8th Fighter Wing Public Affairs

February is American Heart Month and Wolf Pack members must remain ‘fit to fight’ at all times. Just like ensuring the mission gets done, Airmen health is important and they should be ready to perform their duties at a moments notice.

Remaining stationary could lead to long-term health problems. It’s never too late to begin working toward healthier living. The first step to a healthy heart is eating healthy. Everything people eat affects the health of their hearts. Learning which foods are ‘heart smart’ and including them as a regular part of your daily diet can prove to be very beneficial over time.

Of course there is no secret to eating healthy. Eat a variety of foods to include a lot of vegetables and fruits as well as whole-grain products. Also, be sure to eat low-fat dairy products, lean meats, poultry and fish. Drink a lot of water and take it easy on the salty food, sugary food, alcohol and saturated fat.

Here are some tips for healthy eating at home and work to help you

get started. Try some of these ideas and you never know, by the time you say goodbye to the Wolf Pack you may feel and look healthier.

- ♦Try to eat five to nine servings of fruits and vegetables a day.
- ♦Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers and red peppers.
- ♦Keep fruits and vegetables visible and easily accessible because you’ll tend to eat them more. Try storing cut and cleaned produce at eye-level in the refrigerator, or on your desk at work. Oranges are also a good aromatherapy for your work desk which will help keep you awake and fresh-eyed.
- ♦Try some of these healthy food choices.
 - veggie pizza
 - pasta with vegetables
 - fresh vegetable “wrap”
 - vegetable soup
 - small salad (instead of fries)
 - plenty of fresh vegetables from a restaurant salad bar.

Here are some ways Airmen can start working toward a more physically fit lifestyle.

- ♦Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship.
- ♦Park the car farther away from where you’re going.
- ♦Get on or off the bus several streets away.
- ♦Take the stairs instead of the elevator or escalator.
- ♦Take fitness breaks during work like walking or doing desk exercises- instead of taking cigarette or coffee breaks.
- ♦Use leg power-take small trips on foot to get your body moving.
- ♦Exercise while watching TV such as using hand weights or stretching.
- ♦Dance to music when you’re at home or just bored
- ♦Keep a pair of comfortable walking or running shoes in your car or office so you’ll be ready for activity wherever you go!
- ♦Make a Saturday morning walk a group habit.
- ♦Walk while doing errands.

Editors note: Some of the information in this article is courtesy of the Center for Chronic Disease Prevention.

Tips for keeping tooth healthy

Contributed by Capt. David Wetherington
8th Medical Operations Squadron

Although February is National Children’s Dental Health Month, it is also a time for every Wolf Pack members to think about the health of their teeth. The following are a few tips to help Airmen care for their precious pearly whites.

- ♦Brush your teeth twice a day with fluoride toothpaste.
 - ♦Clean between teeth daily with dental floss or an interdental cleaner. Decay-causing bacteria still lingers between teeth where toothbrush bristles can’t reach. Flossing removes plaque and food particles from between the teeth and under the gum line.
 - ♦Eat a balanced diet and limit between-meal snacks.
 - ♦Visit your dentist regularly for professional cleanings and oral exams.
 - ♦Ask your dentist about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back teeth where decay often starts.
 - ♦Talk to your dentist about what types of oral care products will be most effective for you. The ADA Seal (American Dental Association approved) on a product is your assurance that it has met ADA criteria for safety and effectiveness. Look for the ADA Seal on fluoride toothpaste, toothbrushes, floss, interdental cleaners, oral irrigators, mouth rinses and other oral hygiene products.
 - ♦Replace your toothbrush every three or four months, or sooner if the bristles become frayed. A worn toothbrush will not do a good job of cleaning your teeth. Children’s toothbrushes often need replacing more frequently than adults because they can wear out sooner.
- For more information go to www.ada.org.

Varsity Basketball Schedule

Saturday

Women’s Kunsan at Osan at 6 p.m.
Men’s Kunsan at Osan at 8 p.m.

Sunday

Women’s Kunsan at Osan at 6 p.m.
Men’s Kunsan at Osan at 8 p.m.

Feb. 12

Women’s Kunsan at Suwon at 6 p.m.
Men’s Kunsan at Suwon Kunsan at 8 p.m.

Feb. 26-28

Black History Month Basketball tournament at Yongsan.

SPORTS

SHORTS

All events, games or classes will be held at the base fitness center

Today

- ♦Step aerobics at noon
- ♦Boot camp at 6 a.m. and 5:30 p.m.
- ♦Cardio circuit (step and kickboxing) at 6 a.m.

Saturday

- ♦Step Aerobics at 9 a.m.
- ♦Boot camp at 10 a.m.
- ♦Spin class at 4 p.m.
- ♦Core conditioning pilates at 10 a.m.
- ♦5-on-5 basketball at 1 p.m.

Sunday

- ♦5-on-5 volleyball at 11 a.m.
- ♦Singles racquetball at 2 p.m.
- ♦4-on-4 walleyball at 5 p.m.
- ♦Spin class at 4 p.m.

Monday

- ♦American League basketball game at 6 p.m.
- ♦Step aerobic class at noon and 4 p.m.
- ♦Cardio circuit (step & kickboxing) at 6 a.m.
- ♦Over 30 basketball games beginning at 6 and 7 p.m.

ginning at 6 and 7 p.m.

Tuesday

- ♦National League basketball game at 6 p.m.
- ♦Spin class at 5:30 a.m. and 6 p.m.
- ♦Step aerobic class at 5:30 p.m.
- ♦Over-30 basketball games beginning at 6 and 7 p.m.

Wednesday

- ♦Spin class at 5:30 a.m.
- ♦Step aerobic class at noon.
- ♦Kick boxing at 6 a.m.

- ♦Core conditioning pilates at 5:30 p.m.
- ♦American League basketball game at 6 p.m.
- ♦Over- 30 basketball games beginning at 6 and 7 p.m.

Thursday

- ♦Spin class at 6 p.m.
- ♦Step aerobics at 5:30 p.m.
- ♦National League basketball game at 6 p.m.
- ♦Over-30 basketball games beginning at 6 and 7 p.m.



Destinations Lotte World!

By Airman 1st Class
Juanika Glover
8th Fighter Wing Public Affairs Editor

On Sunday a group of my friends and I hopped on a tour bus and spent the day in Seoul at Lotte World.

This place definitely has something for all to see. Even if you're a homebody, taking the three-hour trip will definitely be worth it.

Aside from being a shopper's paradise, Lotte World has numerous restaurants from pizza to steak.

There's an ice rink right in the middle of everything and there are numerous American and Korean-style snack bars around the entire

amusement park. The upper level has several rides from rollercoasters to bumper cars. Since a majority of Lotte World is inside, it makes the perfect getaway during the harsh winter months.

For the visually minded, there is an art gallery filled with art and exhibits from around the world.

So whether you're looking for a place to shop or act like a kid, Lotte World has it all in one place.

The cost for admission is 30,000 won plus \$23 for the bus ride. The next tour leaving from Kunsan will be Feb. 27. Call the Community Activities Center at 782- 5213 for more information.



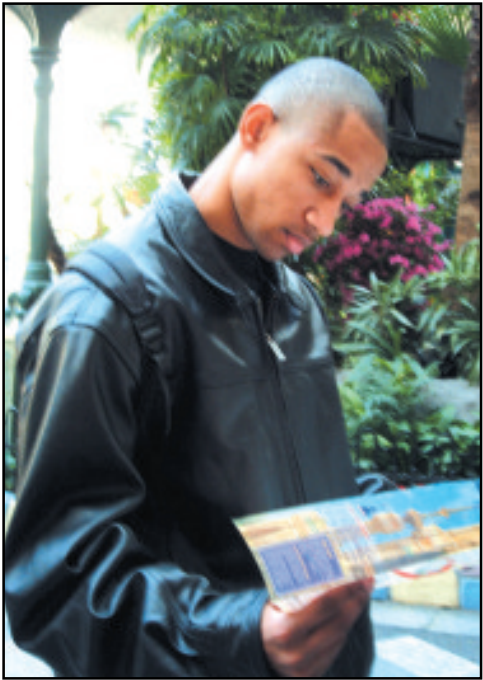
Tech. Sgt. DaBrady Ford, Staff Sgt. Kenneth Tolbert and Senior Airman Jarrod Butler (right to left) 8th Fighter Wing command post, take in Lotte World Sunday.



(Above) Lotte World has plenty for visitors to see and do. From ice-skating to rollercoaster rides, people have plenty to keep them busy. There is also a mall and a hotel attached to the park. (Left), Staff Sgt. Natasha Smith, 8th Fighter Wing command post, observes some of the many items being sold at the Lotte World. (Right) Spectators observe entertainers during the mid-day parade at Lotte World Sunday.



Senior Airman Jarrod Butler plots his next move with a map of the Lotte World Amusement Park Sunday.



(Above), Visitors prepare for a thrill on the 'bungee drop', a ride at Lotte World that lifts people straight up at a fast speed then drops them allowing them to experience 'free fall'. The rides at Lotte World are on the inside and outside of the park. (Right) Lotte World actors display their traditional Korean-style attire and entertain spectators.

